

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
**Mid-Atlantic Region
Navy Community**

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR March 2006

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.



...more about the new Base Cell Phone Restrictions

Commencing 01 March 2006, Navy Security Force Personnel will commence enforcement of the new regulations restricting cell phone use by drivers on DOD Installations.

The new regulation on cell phone use while driving will be implemented in three phases.

- The First Phase is focused on education, awareness, an extensive media campaign and will be conducted thru 01 March 2006.
- The Second Phase will be the initial enforcement phase, to include verbal or written warnings and will commence 01 March 2006.
- The Third Phase will begin active enforcement of the regulation, beginning sometime after 01 March 2006 and will involve the of issuing Armed Forces Traffic Tickets to violators. Ticketed violators will be assessed three points on their base driving record. Accumulation of 12 points on a drivers record during a 12-month period will result in the loss of base driving privileges for one year.

Navy restrictions follow a Defense Department wide regulation restricting the use of non-hands free cell phone by vehicle operators unless the vehicle is safely parked. The Defense Department regulation was developed based on a study by the National Highway Traffic Safety Administration which found cell phone use to be the fastest growing and most visible cause of distracted driving automobile accidents.

Frequently asked questions and additional information on the new regulation can be found on the Commander, Navy Region, Mid-Atlantic Website at <http://www.cnrma.navy.mil/>. We have also added the "Frequently Asked Questions" at the end of this month's Advisor for your convenience.

(Excerpted from CNRMA ADMINISTRATIVE MESSAGE R231324Z FEB 20 ZYB)

Work....Live....Play.....Safely.....



Army Safety Management Information System (ASMIS)

This on-line tool for managing traffic-safety risks is now available to Sailors and Marines with the increased focus on traffic mishaps as part of the 75% mishap-reduction campaign. Navy supervisors are looking for innovative ways to discuss the risks of driving. Now, thanks to the Army Safety Center, supervisors have access to an excellent, on-line, risk-planning tool, part of the [Army Safety Management Information System \(ASMIS\)](#).

MISHAP REPORTING

Mishap reports will only be accepted through ESAMS. Reports shall be submitted through ESAMS as soon as possible, but no later than three calendar days after the mishap.



Commands are reminded that all mishaps are to be reported in the following situations. Military personnel: On active duty or reserve status while on/off duty and while on/off base. Civilian personnel: Navy/Marine Corp civilians while on duty. (Includes Foreign Nationals and Non-Appropriated Fund (NAF) Employees.)

OPNAVINST 5102.1D / MCO P5102.1D – 07 January 2006 – Navy & Marine Corps Mishap and Safety Investigation, Reporting, and Record Keeping Manual provides all the necessary information on mishap classes and reporting responsibilities.

March Safety Focus – Ergonomics



Human Factors Engineering – Ergonomics is the Naval Safety Centers topic for March.

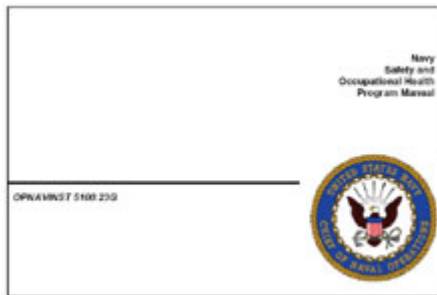
What is ergonomics? The word is derived from two Greek words: Ergon – meaning work and Nomos meaning principals or laws. In other words *Ergonomics is fitting the workplace to the worker*

So now you are asking yourself "how does this apply to me"? Very simply look around you and think about the things you do every day. Is there anything in your workplace or job that puts you at risk? What about your posture; Is it awkward or static? Awkward postures include working above your head, kneeling or squatting, do you work with any part of your body bent or twisted, or do your feet dangle above the floor when you sit in your chair. Do you stand all day or do you sit in front of your computer all day? How about compression, repetition, vibration or duration.

Any one of these factors can put you at risk for work-related musculoskeletal disorders (WMSD's). These disorders go by a variety of names: Repetitive Strain or Stress Injury, Repetitive Motion Injury, Cumulative Trauma Disorder. They can also be the cause of tendonitis, bursitis, and carpal tunnel syndrome. These injuries can happen to anyone, white and blue collar workers, athletes or even from your favorite hobby. WMSD's are the fastest growing categories of occupational injuries in the Armed Forces.

Ergonomic injuries and illnesses represent the single largest source of claims and costs to the Navy. Approximately \$90 million is spend annually on Ergonomic injuries and illnesses. These cost if left unchecked are projected to increase to \$111 million by FY 2009. The average lost workdays for civilian injuries in October 2004 is 67.9 days.

Incorporating ergonomics at the earliest phase, planning and design, can reduce or eliminate WMSD's in the Navy and Marine Corps. Visit the Naval Safety Center Ergonomics Section for information to help you make your office or workplace ergonomically safe. www.safetycenter.navy.mil/osh/ergonomics/documents.htm The NAB Little Creek Safety Office can also help you determine ergonomic risk factors in your office. For further information or assistance, please call 462-2193.



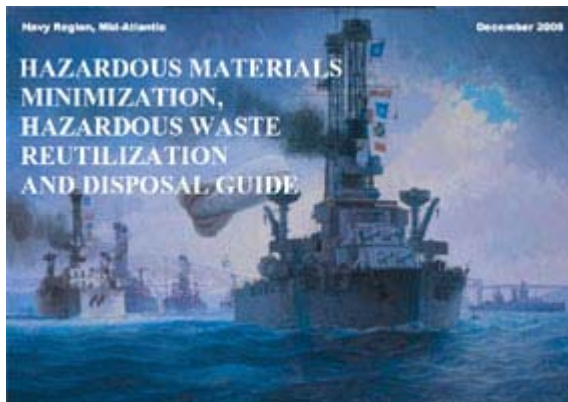
OPNAVINST 5100.23G Now Available On-Line

OPNAVINST 5100.23G, the Navy Safety and Occupational Health Program Manual, was signed on December 30 2006. Two chapters have been added [Fall Protection and Emergency Management (CBRN) Safety]; and two chapters have been deleted (Cost Data Report and Man-Made Vitreous Fibers). The manual is now available on our website at <http://www.nablc.navy.mil/safety/instructions.htm> along with the executive summary of changes.

HAZARDOUS WASTE DISPOSAL

How do you dispose of paint cans, florescent light bulbs, refrigerators with Freon, oils, and other hazardous waste.

Find all the answers in the [Hazardous Materials Minimization, Hazardous Waste Reutilization and Disposal Guide](#). A link to this file is on our website at <http://www.nablc.navy.mil/safety>



Department of the Navy Objectives for 2006

The 2006 objectives focus is on five key areas, one of which is the following:

- Emphasize Safety – Manage risk to improve mission effectiveness and to safeguard the people and resources of the Navy-Marine Corp Team
 - Success in this effort will improve the lives of Sailors and Marines, increase the effectiveness of the entire department
 - Your continued emphasis on the success of these objectives for 2006 is necessary

(Excerpted from SECNAV Admin message R 161949Z FEB 06 PSN 163925126)



Are you on our list?

Do we have your Safety person on our list? Send your e-mail address to richard.l.russell@navy.mil to have your command added to our Safety Distribution list. Commands on our list are notified when a new Safety Advisor is posted and when other Safety issues requiring your attention arise.

"The Deficiency Corner"

Could this be your worksite???

If you have this problem... let's do something about it !!



Problem: Damaged Electrical Cord Insulation

Violation: 29 CFR 1910.303.(b)(iii)

Solution: Tag the equipment out of service and have a qualified electrician replace the cord- or replace the equipment



Problem: Missing Cover Panels – Exposed Electrical Equipment

Violation: 29 CFR 1910.305(b)(ii)

Solution: Keep all equipment in good working condition and keep electrical equipment covered/shielded.

Self-Help Projects

Is your command considering a self-help project to enhance your workspace? All self-help projects (formerly called "Bronze Hammer packages" are required to be reviewed by the Base Safety Office and Fire Prevention. Prior planning prevents potential problems! Let us help you create a safe healthy work environment, bring your Self-Help package to the Safety Office located in Bldg 1602, Rm 112-D on NAB Little Creek. For further information please contact 462-2193 or 462-2501.



*Random thoughts....
...If you spray hair spray on dust
bunnies and run over them with
roller blades...they can ignite...*



St. Patrick's Day Celebrations

Whether or not you are Irish, St. Patrick's Day has always been a day of celebration for the Irish and friends. This year St. Patrick's Day will fall on a Friday which might encourage a few to have an extra pint of green ale. Please be responsible and have a designated driver or a "little green" set aside for a cab ride home. Don't let your friends tempt fate by thinking they have the "Luck of the Irish" on their side by driving after an evening of celebrating.



Scheduled Safety Training

- **Motorcycle Safety – Basic Rider Course**



- 27-28 March 2006
- 17-18 April 2006
- 8-9 May 2006
- 12-13 June 2006
- 17-18 July 2006
- 14-15 August 2006
- 11-12 September 2006
- 2-3 October 2006
- 13-14 November 2006
- 11-12 December 2006
- For Registration form & procedures, visit our website at <http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>
- Classes are generally conducted at 0730 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store).
- Questions can be directed to 462-2199 or 462-2197



- **AAA Driver Improvement Program (DIP)**

- 29 March 2006
- 26 April 2006
- 31 May 2006
- 28 June 2006
- 26 July 2006
- 30 August 2006
- 27 September 2006

- Classes are generally conducted at 0730 on the last Wednesday at Bldg 1602, Rm 112 E (Location changes will be announced next to dates above) of each month or as requested.
- To register call 462-2199 or 462-2197 or visit our web site at:
 - Per OPNAVINST 5100.12G Navy Traffic Safety Program <http://www.nablc.navy.mil/safety/dip.htm> Instruction requires DIP classes for:
 - All Navy military and DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
 - All Navy military and DON civilian personnel involved in a crash while driving a GMV (whether on or off government property)
 - All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property)
 - All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property)
 - (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
 - Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges



- **Explosives Driver Training**

- 1-2 March 2006 – Bldg 1602, Rm. 112E

- For registration and more information contact Mr. Leo Weatherspoon at leo.weatherspoon@navy.mil

Thanks to everyone who contributed to this month's Safety Advisor

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NAVY PHASES IN CELL PHONE DRIVING RESTRICTIONS

Commencing on March 1, 2006, drivers on Navy installations throughout the Mid-Atlantic region will no longer be able to use non-hands free cell phones while operating motor vehicles on base. In addition to the restriction on cell phone use, the wearing of any other headphones, earphones, or other listening devices, not to include hearing aids, while operating a motor vehicle on DOD installations is prohibited. The Navy will issue warnings to service members and civilian employees, as well as visitors to the base, who are pulled over for using a non-hands free cell phone while driving. The ban will be implemented in three stages:

- ❑ Education/Awareness Phase**
- ❑ Enforcement Phase**
- ❑ Penalty Phase**

The education/awareness phase began earlier this month. Base motorists, which include military personnel, civilian employees, contractors, vendors and visitors, are being informed about the cell phone restrictions via the local news media, base newspapers, web sites, internal communications channels, signs on base and at the gates.

Commencing March 1, motorists stopped on base for violating the ban will be issued a warning.

When the penalty phase begins, at a date to be determined, following March 1, violators will lose three driving points for each offense with a maximum of 12 points accumulated before loss of base driving privileges for one year. The POLICY FOR DISPOSITION OF TRAFFIC VIOLATIONS, CNRMA INST 5560.10 is currently being updated to reflect penalties for non-compliance.

The Navy restrictions follow a Defense Department-wide regulation restricting the use of non-hands free cell phones unless the vehicle is safely parked. The Defense Department developed the regulation based on a study by the National Highway Traffic Safety Administration, which found cell phone use to be the fastest growing and most visible cause of distracted driving automobile accidents.

Frequently Asked Questions

Q1. WHO DOES THIS POLICY NOT AFFECT?

A1. This policy does not apply to fire & emergency services personnel, emergency medical services personnel, or law enforcement/security personnel while engaged in the performance of regular duties. The policy does not prohibit the use of radios, phones, or headphones that are connected to official radio or vehicle mounted intercom systems in the emergency services vehicles of the aforementioned personnel. However, all emergency vehicle operators shall be aware of the potential for driver distractions, and should avoid use while driving as much as possible.

Q2. DOES THIS POLICY ONLY APPLY TO USE OF CELL PHONES WHILE DRIVING A GOVERNMENT OWNED VEHICLE?

A2. This notice establishes policy for all operators of privately-owned, or government-owned motor vehicles operating on Navy installations. The policy does not extend to tactical vehicles or to those vehicles that are not typically used for the transport or conveyance of personnel or commercial goods. This policy affects all drivers of motor vehicles on installations with the exception of law enforcement, fire, and security personnel in performance of duties.

Q3. WHAT ARE THE CONSEQUENCES AND WHO DETERMINES THEM?

A3. Violations of this guidance may result in points against base driving privileges and ultimately loss of installation driving privileges for one year. The policy for disposition of traffic violations, CNRMA INST 5560.10 is currently being updated to reflect penalties for non-compliance.

Q4. CAN CELL PHONES BE USED WITH A HANDS-FREE EARPIECE?

A4. No. Earpieces and headphones are not allowed at any time while driving. These prohibitions do not include hearing aids, nor do they negate the requirement for wearing hearing protection where conditions dictate, or when communications-type equipment is being used for official navy business. Hands free phones with a speaker mode or a voice activation mode may be used, but only if the device is not physically manipulated while operating the vehicle.

Q5. DOES THIS POLICY INCLUDE TEXT MESSAGING AND USING THE PICTURE FEATURE OF A CELL PHONE?

A5. Yes. Use of cellular phones or other similar, hand-held audio-visual devices, in any mode, while operating a motor vehicle is hereby prohibited. "other similar, hand-held audio-visual devices" are further described as any audio or visual device that requires both visual inspection and manual contact for operation.

Q6. DOES THE POLICY APPLY TO DRIVERS ONLY?

A6. Yes, passengers may continue to use cell phones or other similar, hand-held audio-visual devices.

Q7. DOES THIS POLICY COVER NAVY FACILITIES/PROPERTY THAT ARE NOT ON AN INSTALLATION? (I.E.: NEX'S, MUSEUMS, ETC. THAT ARE OFF BASE).

A7. Yes. This policy is enforceable on all military installations including navy facilities outside the fence line that are patrolled by navy law enforcement.

Base personnel with questions about the new procedures are encouraged to use their chain of command. Vendors, contractors and visitors may contact the installation Security Department for additional information.

OASD/PA POC is Mr. Glenn Flood, Commercial 703-695-6294, DSN 225-6294, EMAIL GLENN.FLOOD@OSD.MIL

MARCH

HUMAN FACTORS ENGINEERING - ERGONOMICS

Human Factors Engineering and Ergonomics (HFE/E) involve designing systems and equipment that are matched to the abilities, dimensions, and limitations of the people who will operate and maintain them. HFE/E are directly linked to resolving poor designs that contribute to errors and work-related musculoskeletal disorders, or WMSDs, the fastest growing categories of occupational injuries in the Armed Forces. Workstations, equipment, and tools that are matched to the task and user help to reduce the risk of developing WMSDs by making it easier for workers to perform their jobs as well as avoiding or reducing exposure to workplace risk factors. By incorporating HFE/E at the earliest phases of planning and design in the acquisition process, the frequency and severity of WMSDs in Navy and Marine Corps workplaces can be reduced or eliminated.

RESOURCES

NAVFAC (Ergonomics Page)

https://portal.navy.mil/portal/page?_pageid=181,3447499,181_3447520&_dad=portal&_schema=PORTAL

DoD Ergonomics Working Group

www.ergoworkinggroup.org

OPNAVINST 5100.23 Series, NAVOSH

Program Manual

<http://neds.daps.dla.mil/Directives/table21.html>

OPNAVINST 5100.19 Series, NAVOSH Program Manual for Forces Afloat

<http://neds.daps.dla.mil/Directives/table20.html>

Naval Safety Center Ergonomics Section

www.safetycenter.navy.mil/osh/ergonomics/documents.htm

Acquisition Safety - HFE & Ergonomics
www.safetycenter.navy.mil/acquisition/ergonomics/default.htm

SUCCESS STORIES

The Naval Safety Center Safety Success Stories web pages contain numerous Ergonomics stories.

www.safetycenter.navy.mil/success



U.S. Navy photo by Photographer's Mate Airman Gregory A. Plett

Aviation Ordnancemen use automated equipment to help lift missile from weapons pylon of F/A-18C Hornet on flight deck of USS Harry S. Truman during deployment in support of Global War on Terrorism.

SAFETY DATES

National Nutrition Month

www.eatright.org/Public/

Workplace Eye Safety Month

www.aaio.org

2-4 Sixth International Conference on Occupational Stress & Health

www.apa.org/pi/work/wsh2006.html

5-11 Save Your Vision Week

www.aaio.org

13-17 14th Annual Navy, Marine Corps, and Coast Guard Safety Professional Development Conference
www.safetycenter.navy.mil/training/pdc/default.htm

18-24 Navy Environmental Health Center (NEHC) Courses & Conference

www-nehc.med.navy.mil/wkshop06.htm

19-25 National Poison Prevention Week

www.cpsc.gov

27-2 April National Sleep Awareness Week

www.sleepfoundation.org